

# Heel Slides



- Wrap a towel or sheet around your foot and grasp the towel/sheet with both hands. Perform this exercise in socks.
- Slide your heel along the mat as far as possible. Use the towel/sheet to further bend the knee.
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Prone Hang



- Lie on your stomach. Place a weight around your ankle.
- Allow gravity to straighten your knee.
- Hold for \_\_\_\_ minutes.
- \_\_\_\_REPS\_\_\_\_SETS\_\_\_\_TIMES/DAY

# Heel Prop in Sitting



- Sit upright in a straight back chair
- Prop heel on a comfortable surface so knee is suspended
- \_\_\_\_# weight may be applied above the knee
- Remain in this position for approximately 20 minutes
- Perform this exercise 3xday

# Passive Extension Active Flexion (PEAF)



- Lie on your stomach.
- Bend your knee to 90 degrees.
- Use the opposite leg to support the bent knee down until it is as straight as possible.
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Passive Flexion Active Extension (Knee)



- Sit upright and completely straighten your knee.
- Use the opposite leg to bend the knee into flexion.
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY



# Patellar Mobilizations



UP



DOWN



INSIDE



OUTSIDE

- Relax your quads and straighten your knee.
- Locate all 4 borders of your knee cap.
- Use your fingers to move the knee cap in 4 directions: up, down, inside, and outside. Emphasize gliding (not rocking) the knee cap. Move in one direction at a time for \_\_\_\_ seconds.
- \_\_\_\_ REPS
- \_\_\_\_ SETS
- \_\_\_\_ TIMES/DAY

# Hamstrings Supine



- lay on your back
- hold thigh at 90 degrees
- pull toes to nose
- try to straighten leg while keeping thigh at 90 degrees
- keep opposite leg straight
- hold 30 sec
- \_\_\_SETS
- \_\_\_TIMES/DAY

# Hamstrings Doorjam



- lay on your back with 1 leg out the door and the other up the wall
- pull toes to nose
- try to scoot your bottom as close to the wall as you can keeping both knees straight
- hold 30 sec
- \_\_\_ SETS
- \_\_\_ TIMES/DAY



# Standing Hamstring Stretch



- Place one foot up on a stable surface no more than two feet high. Ensure back foot is pointed straight ahead.
- Place your hands on your hips and “puff” your chest so that your back is in a straight line.
- DO NOT bend at the waist. Slightly push your hips to the rear to increase the stretch on your hamstrings. You may also feel this stretch in your calf.
- Hold 30 seconds.
- \_\_\_\_SETS\_\_\_\_TIMES/DAY

# Piriformis / Glut Stretch



-in a supine position,  
cross 1 ankle at the  
opposite knee

-bring knee to chest  
and hold with hands

-relax at head and  
shoulders

-hold 30 sec

\_\_\_\_SETS

\_\_\_\_TIMES/DAY

## IT Band Stretch 1



- put weight onto leg being stretched (right shown)
- push hips away from wall, while torso leans into wall
- hold 30 sec

## IT Band Stretch 2



- put weight onto leg being stretched (right shown)
- push hips into wall, while torso leans away from wall
- hold 30 sec

# Assisted ITB Supine Stretch



- Have patient lie supine with the left knee bent and foot placed on mat.
- Stabilize the patient's left knee and pull patient's straightened right leg towards you until the patient feels a stretch in the outside of his or her right hip.
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY



# Figure 4 ITB/Piriformis Stretch



Starting position



ITB



Piriformis

- Start with right leg placed over left in a figure 4 position. Place right hand on right knee to maintain the figure 4.
- ITB: Slowly let the left leg drop towards the mat, keeping the figure 4 position. Stop when you feel a stretch in the outside of your right hip. Hold 30 seconds.
- Piriformis: Place left hand on right knee and pull right knee IN DIRECT LINE to left shoulder. You will not isolate the stretch if the knee is not in direct line with the shoulder. Hold 30 seconds.
- \_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

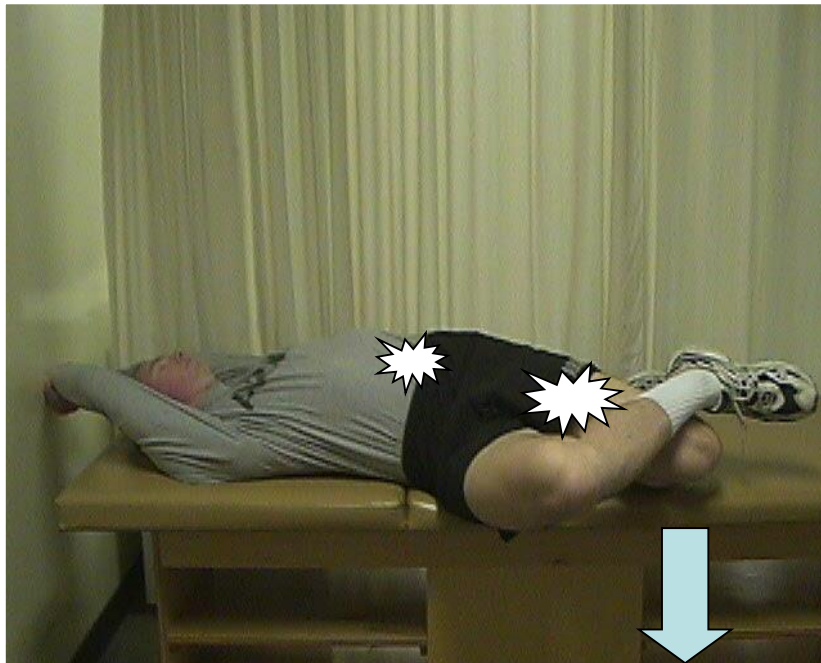


# ITB Self Myofascial Release on Foam Roll



- Lay on side so that hip is directly placed onto foam roll. Keep the bottom leg straight and bend top knee so that the bottom of your foot is on the ground.
- Place your hands on the floor for support.
- Keep body straight as you move your body along the foam roll so that the roll moves from your hip to your knee.
- Perform for \_\_\_ seconds.
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Rotational Stretch (ITB, TFL, Obliques, Lats)



- Relax legs, dropping both knees together to same side
- Try to keep shoulders down, reaching overhead
- Press one knee to floor using opposite foot
- Feel stretch in low back, across flank and along side of thigh or buttocks
- Hold 30 secs
- \_\_\_\_\_ SETS  
\_\_\_\_\_ TIMES/DAY

# Kneeling Hip Flexor Stretch



- Kneel with front knee directly above toe and body in straight alignment so that the shoulders are placed directly above the hips. Keep your abdominals tight and your back straight.
- Shift weight forward over the front knee, keeping the body in straight alignment, until you feel a stretch in the front of the back thigh/hip.
- Hold 30 seconds.
- \_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Standing Hip Flexor Stretch



- Place a stable object behind you and place the top of your foot on the object. Contract your core muscle to keep a tight midsection throughout the stretch.
- Place your front leg so that the knee does not extend past the toe.
- Place your hand on a nearby surface for support.
- Slowly lower body toward floor, keeping the trunk upright (as shown by line above), until you feel a stretch in the front of your back leg.
- Hold 30 seconds.
- \_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

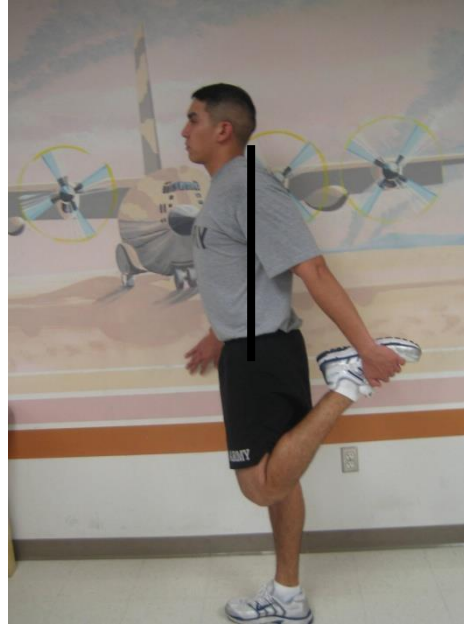
# Supine Hip Flexor Stretch



- Lay on your back. Tighten your core muscle to stabilize your pelvis.
- Pull right knee into chest and let the left leg relax.
- You should feel a stretch in the front of your left hip or thigh. Hold 30 seconds.
- \_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY



# Standing Quadriceps Stretch



- Stand with good posture, keeping the back straight. Place one hand on a stable surface to keep your balance.
- Place the left knee directly beside right knee. Bend left knee and pull foot towards buttocks until you feel a stretch in the front of your thigh.
- DO NOT bend forward or pull the leg so that the left knee is no longer directly beside the right knee.
- Hold 30 seconds.
- \_\_\_\_SETS\_\_\_\_TIMES/DAY

# Sidelying Quadriceps Stretch



- Lie on side and wrap sheet or towel around one ankle. Ensure that top leg is placed directly on top of bottom leg so that the knees are stacked one on top of each other.
- Grab sheet/towel with both hands and pull towards your head until you feel a stretch in the front of your thigh.
- Hold 30 seconds.
- \_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Prone Quadriceps Stretch



- Lie on stomach and wrap sheet or towel around one ankle.
- Grab sheet/towel with both hands and pull towards your head until you feel a stretch in the front of your thigh.
- Hold 30 seconds.
- \_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Sidelying Quad Stretch



- Pull foot backwards with same hand.
- Place opposite heel onto knee to help push the knee backwards.
- Push same hip forwards.
- Hold for 30 seconds.

# Sidelying ITB/Obliques Stretch



- Start with knees up in a sit up position.
- Keeping knees together, drop them to the side opposite of side to be stretched. (shown as LEFT side being stretched)
- Place bottom foot onto the top of the opposite knee as shown and push knee down towards the floor.
- Hold for 30 seconds.